

This is to confirm that the

## **“Upset Prevention Training (UPRT) v02“**

provided by infoWERK Medien & Technik GmbH, setup on the LMS Training Portal is in compliance with:

**(EU) 2018/1974 / ED Decision 2019/005/R  
AMC1 ORO.FC.220&230 Operator conversion training and checking  
& recurrent training and checking**

Training subjects include the following topics:

- Safety review of accidents and incidents relating to aeroplane upsets
- Aerodynamics including
  - Angle of attack (AOA) and stall awareness
  - General aerodynamic characteristics
- G-load awareness and management
- Causes of and contributing factors to upset including
  - Environmental factors
  - Pilot induced factors
  - Mechanical (aeroplane systems) factors
- Energy management
- Flight path management
- Recognition and Monitoring
- Startle and Surprise
- The Mental Upset Concept
- Upset recovery training including
  - Recovery from stall events
  - Recovery from nose high at various bank angles
  - Recovery from nose low at various bank angles

All requirements and updates are documented in infoWERK's internal Quality Management System.

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